

Kinesiology

Kinesiology is the science of the human body in motion. You will learn about the physiological, biomechanical, psychological, and sociological factors that influence human movement, exercise and sport performance, along with health. From the structure of the cell to the structure of society, your studies in Kinesiology will expose you to the complex factors that influence health and wellness.

TOP 5 Reasons to Study KINESIOLOGY

- 1 Our direct-entry program is highly multidisciplinary, drawing from the social, behavioural, and physical sciences.
- 2 Our lab offers state-of-the art equipment and small class sizes to advance understanding of the exercise sciences.
- 3 We provide tailored research opportunities, including a placement in a research lab and an Honours thesis option.
- 4 We emphasize experiential learning in our program, including 'mini-stream' options in Athletic Therapy and Strength & Conditioning.
- 5 We offer a capstone course in Professional Issues in Allied Health to best prepare our students for a range of post-graduate paths.

Alumni Story

"My undergraduate experience in the Kinesiology program was life-changing to say the least. The highly multidisciplinary nature of the program allowed me to diversify my interests and pursue passions that I didn't even know I had through an enormous variety of research and certificate program opportunities. The program supports students in achieving their post-graduate goals and the inclusive culture created by faculty and students alike is what truly allowed me to thrive."

-Willow Leahy, KIN '21

ALUMNI PATHS

Accelerated Nursing Track
Athletic Therapy
Biomechanics
Chiropractics
Dentistry
Education
Exercise Physiology
Health Psychology
Medical School
Occupational Therapy
Physiotherapy
Urban and Regional Planning

add an optional
CERTIFICATE

Data Analytics

Disability and
Physical Activity

Employment
Relations

Geographic
Information Science

Indigenous
Languages and
Cultures

Sexual and Gender
Diversity

Urban Planning
Studies

Law

Business

QUartsci.com/certs

Mini STREAMS

1. Athletic Therapy
2. Strength and Conditioning
3. Research

Students are allowed to do either the Athletic Therapy or Strength and Conditioning mini-stream, however, you can combine the Research mini-stream with either of these two.

Interested in finding out how to augment your degree with Experiential Learning? Check in with your department to learn more about what opportunities and resources are available for you!

Kinesiology SPECIALIZATION MAP

BACHELOR OF SCIENCE: HONOURS DEGREE (SPECIALIZATION) OR GENERAL DEGREE



Kinesiology



Get started thinking about the future now – where do you want to go after your degree? Having tentative goals (like careers or grad school) while working through your degree can help with short-term decisions about courses and experiences, but also help you keep motivated for success.

Get the help you need

Queen's provides you with a broad range of support services from your first point of contact with the university through to graduation. At Queen's, you are never alone. We have many offices dedicated to helping you learn, think and do.

Ranging from help with academics and careers, to physical, emotional, or spiritual resources – our welcoming living and learning environment offers the programs and services you need to be successful, both academically and personally. Queen's wants you to succeed! Check out the [Student Affairs website](#) for available resources.



School of Kinesiology and Health Studies
SKHS Building
28 Division Street
613-533-2666
skhs.queensu.ca

QUIP

QUEEN'S UNDERGRADUATE INTERNSHIP PROGRAM

START DATES

May, September, or January

POSITIONS

are paid and full-time

WORK TERMS

are 12-16 months long

PROGRAM OVERVIEW

- Graduate with a "Professional Internship" degree
- Learn about current advances, practices and technologies in business and industry.
- Test drive a career, earn a competitive salary, and get real world experience.

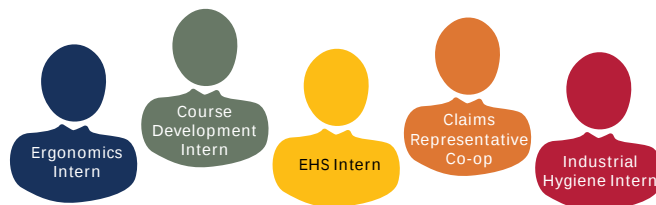
ELIGIBILITY

- Complete 1st year before you register
- Complete 2nd or 3rd year before your internship
- Minimum GPA of 1.9
- Return to Queen's after your internship to finish your degree

WHY QUIP?

- Gain a year of career-related work experience.
- Build network connections.
- Receive support from Queen's staff in the job search and during the internship.

Sample Past Internships



For more information, contact quip@queensu.ca or visit the [Program Website](#).

Why study in Kingston?

Since 1841, our community has been more than a collection of bright minds – Queen's has attracted students with an ambitious spirit. Queen's has the highest retention rates, the highest graduation rates, and one of the highest employment rates among recent graduates. We are a research intensive university focused on the undergraduate experience. The BBC has identified Kingston as one of the GREATEST UNIVERSITY TOWNS in the world – and it is often awarded the safest city in Canada. It is a university city at the core; just a quick drive to Toronto, Montreal, Ottawa and even New York. A university with more clubs per capita than any other university in Canada, and a city with more restaurants per capita than any other city in North America – you will have the experience of a lifetime at Queen's – and graduate with a degree that is globally recognized among the best.

We're closer than you think.

